

Suffolk Constabulary does stereo engraving

The Suffolk Constabulary sponsors a vehicle stereo equipment engraving project from 10 a.m. - noon Sunday at the Recreation Way Car Park, near the swimming pool in Mildenhall village. For more information, call (01284) 744100.

New Neighborhood Watch

Police Constable Liam Garrard, area beat officer for Lakenheath village, and SrA. Regina Wilson, RAF Lakenheath crime prevention manager, visit Anglo Housing residents from 11 a.m. - 3 p.m. Sunday, to see if residents want more programs not covered by the existing Neighborhood Watch scheme. For more information, call Ext. 1424.

Air command, staff college

The base education services office seeks eligible candidates for the Air Command and Staff College nonresident seminar. Candidates include majors, major-selectees, and GS-11s and above. This intermediate professional military education course consists of 47 weekly, three-hour sessions using multimedia CD ROM, beginning in August and continuing through July. People should enroll by July 15 to receive course materials on time. For more information, call Ext. 3851.

Air War College

The base education center seeks candidates for the Air War College nonresident seminar. The program is open to colonels, lieutenant colonels, lieutenant colonel selectees and civilian employees GS/GM-13 and above.

For more information, call Ext. 3851.

Health, wellness center

The health and wellness center sponsors the following classes:

❑ A new program designed to support active-duty members struggling with the cycle ergometry program. It is also designed for all identification card holders interested in keeping fit. The program is from 4 - 5 p.m. Mondays and Wednesdays.

❑ The fitness and sports center and health and wellness center sponsor a "Fitness for the Future" fair from 10 a.m. - 6 p.m. June 13. The fair includes lectures, demonstrations and information booths.

❑ The weekly health workshop is from 11:30 a.m. - 4:30 p.m. Thursday. The program offers a comprehensive approach to managing health, nutrition and fitness concerns by promoting permanent lifestyle changes.

❑ A tobacco cessation class is from 4 - 5 p.m. Tuesdays through Aug. 5. Nicotine patches are offered for use during the course.

❑ A tobacco cessation facilitators class is June 18.

❑ A stress management course is from 1 - 3 p.m. Fridays through June 27. Attendance is not noted in medical records.

❑ The center also offers advice on health, exercise, physical and fitness issues, back classes, body fat and cholesterol testing and self-care information.

For more information, call Ext. 2710.

Academy, ROTC cadets

Officers can stop by the officers' club to speak with U.S. Air Force Academy and ROTC cadets. The welcome reception begins at 5 p.m. today.

For more information, call Ext. 5550.

Air National Guard

The Massachusetts Air National Guard in Westfield has several job vacancies including: 2W1X1, 2W0X1, 2A6X1A, 2A1X1, 2A6X2, 2A6X4, 2A6X5, 2A7X1, 2F0X1, 2T1X1, 3S0X1, 3S2X1, 3S2X2, 3E1X1, 3E2X1, 3E3X1, 3E4X1, 3E4X2, 3M0X1, 3V0X2 and 4A2X1. For more information, call DSN 636-9567 or e-mail recruiting@mabaf.ang.af.mil.

Initial ethics training

All Department of Defense civilians must receive initial ethics training within 90 days of service. The legal office offers training from 9 - 10 a.m. Wednesday. For more information, call Ext. 3553.

OCSC bazaar concessions

Organizations considering operating a food concession at the RAF Lakenheath officers and civilians spouses' club bazaar should have a representative attend a briefing at 10:30 a.m. Tuesday at the Lakenheath Community Activity Center. For more information, call Kathleen McQueen at (01842) 827100.

Memorial for Onken slated

A dedication of a memorial stone for Richard "Andrew" Onken, who died at Lakenheath Nov. 8, is at 9 a.m. today in the park in front of the post office.

For more information, call Ext. 7121 or 2514.

PACE events

People Associated for Cultural Enrich-

See Community page 22

Family Support

Contact the family support center staff at Ext. 3847 for information on the following programs, or e-mail chris.lawson@lakenheath.af.mil. All classes are held in the family support center unless otherwise noted.

Teen life

A teen life group for youth 13 - 14 years old meets from 5 - 6 p.m. today at the youth center. The class promotes personal development and

coping skills for teens.

Spouses group

The foreign-born spouses group meets from 10 a.m. - noon Monday at the family support center.

Kids on the move

A kids-on-the-move seminar is from 4 - 5:30 p.m. Wednesday for children 5 - 8 years old and Thursday for children 9 - 12 years old at the family support center. The program helps

children and parents cope with relocation stress. Class size is limited to 15.

Youth life

A youth life group for children 9 - 10 years old is from 4:30 - 5:30 p.m. Thursday at the youth center.

Working in the U.K.

An employment speakers series about working in the United Kingdom is from 11 a.m. - 1 p.m. June 13. The topics is how U.S. citizens can start up and operate businesses in the United Kingdom.

European job fair

The final briefing for the European job fair is from 4 - 4:30 p.m. Tuesday at the family support center. Participants will be updated on all job fair events and will be given tips on how to present themselves to recruiters.

Hearts Apart

The Hearts Apart support group meets from 10 a.m. - noon Fridays at the base chapel. Children can attend Little Hearts Apart. It runs until noon.